

The whole argument must assume, because the facts of history compel us to assume, the absolute identity of the Church of England after the Reformation with the Church of England before the Reformation."

### Hints to Communicants.

#### III. RECEPTION.

When you come to the Celebration of the Holy Eucharist, and to Holy Communion, it will be useful to have certain rules to guide you; without rules we are very likely to get careless:—

1. Communicate regularly, if you can possibly, not only "now and then," as you just happen to feel inclined.

2. Communicate often. An earnest Christian should *try* to come at the *very least* once in the month, but it glorifies God, and is a great help to ourselves if we come *every* Sunday, as the Apostles and first Christians did, and, if possible, on Saints' Days and Holy Days also.

3. Communicate early, if your health, &c., permits. Remember that the self-sacrifice of early rising can be part of the discipline we Christians are to exercise in coming to "The Altar of God." ("Early will I seek Thee"—*Psalms* lxxiii. 1). Our Lord rose from the grave *early* on the First Day of the week: we should, if able, rise from our beds *early* to meet HIM, and to dedicate ourselves to His Service for that week. We also reverence our Lord's Body and Blood the more by thus taking our first food for the day, and this became the universal custom in the early days of the Church.

4. Come to Church in good time and spend some minutes in earnest Prayer.

5. It is most convenient to the Clergy that the Consecrated BREAD be placed in the *palm* of the Communicant's hand (as the Prayer Book directs) and *not* in the fingers only. *Never* Communicate with your gloves on. When the Priest begins

the words, "The Body of our Lord JESUS CHRIST," hold out your *right* hand, supporting it with your left, say quietly, "Amen;" and then, on receiving the Consecrated BREAD, bend your head and *consume it all*, from the palm of the hand, *with the greatest reverence and care*, feeding on CHRIST "in your heart, by faith, with thanksgiving."

6. When the Chalice, or "Cup," is given to you, grasp the stem firmly with both hands when the Priest says, "The BLOOD of our Lord JESUS CHRIST," and after saying "Amen," take a *very little* of the Consecrated WINE, and return the Chalice *very carefully* into the Priest's hands.

7. Do not look about; spend every moment in Prayer and Praise. The rail is only for the old and weakly, and not for strong people to lean over. When the person *next* to you has communicated. return *very* quietly to your place in the Church, and there thank God for His Mercy and Goodness.

8. Always Communicate with the "Intention" of asking some special thing, or offering thanks for a special mercy. If it is a Saint's Day or Holy Day think of the Person or Event we commemorate, and pray to be made a worthy member of "The Communion of Saints."

9. Remain kneeling till the Clergyman has left the Church; and if you can spend a short time in thanking and praising God it will be all the better. Many find it a great help to spend ten minutes in Church in earnest Prayer after a Celebration. Remember that "Angels and Archangels and all the company of Heaven" have united with you in your Service. Avoid conversation in the Church, and if obliged to speak let it be in a low and reverent voice, remembering the Presence of Christ, and that the building is consecrated to God's special Service—"The House of God"—"The Gate of Heaven."